

Retreat for A Weekend of Wellness

**An invitation to explore ~
“Living on Purpose”
At Harmony Dawn Retreat Centre**

Harmony Dawn is built on 50 pristine acres of meadows and forests away from noise and electrical buzz. The retreat centre is self sufficient and completely off the power grid. The air surrounding the property boasts one of highest oxygen levels in Ontario. It is a land sacred, healing and medicinal in the most natural of ways ~ a perfect place to give us an opportunity to explore “Living on Purpose”.

The weekend will include:

Gentle Yoga ~ Meditation ~ Walking in nature ~ Delicious meals prepared with great care ~ Quiet time ~ No previous experience with Meditation or Yoga is necessary

Date: Friday June 9th (4pm) to Sunday June 11th 2017 (2pm)

Location: Harmony Dawn Retreat Centre www.harmonydawnontarioretreat.com

**Teachers: Kathryn Milne (Yoga by Kathryn) &
Cheryl McCague-Shane (www.movingforwardservices.com)**

Cost: \$350 + HST - Before April 1, 2017

\$375 + HST - After April 1, 2017

Preregistration required

**To reserve a spot or for more information please contact
Kathryn at yogabykathryn@gmail.com**

*“Only if you take yourself away can you begin to repair and regenerate.”
~ Joan Anderson*